



July 2010:

A word From Mike:

We just enjoyed our highlight event of the year the evolution Oscars. The night was a smashing success because of all who were there - an amazing group of clients and trainers. I was not able to be there as i was absolutely floored by the flu. I did get to hear the awards ceremony on speaker phone and i was one very proud old bull.

And I was reminded that the vision truly lives when it is carried by many. Hearing the evolutionaries carry that vision on the night and talk with absolute passion about what we have all created was totally inspiring to me - as was all the cheering, laughing and clapping.

So thanks to all of you

Upward and Onward - **Mike** (aka old bull)

Back pain... Take a seat.

One of the most common forms of injury or pain in modern society is lower back pain. 80% of the population will at some stage suffer from lower back pain and luckily the majority of these sufferers will not need any treatment apart from a few panadol, patience and reassurance to keep on moving as much as comfortably possible. I was intending to slowly develop the theory behind the causes of lower back pain but for the sake of brevity will simply state "the very common "C shaped" sitting position is one of the most common causes of primary back pain". Last newsletter I wrote about the need to have a correct lumbar curve atop a neutral pelvic position. This position is related to 2 major muscle groups, the hip flexors and the abdominal muscles. C shaped sitting posture can either be caused by an imbalance in these muscles or can cause an imbalance in these muscles. If your body will allow you to sit and maintain sitting in this correct posture then do so. If not, then ensure that your environment (chair) will facilitate this posture whilst you restore your bodies capacity to achieve and hold this position. Your trainer will help you with the training component and speak to mike about a possible seating solution.



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Dear Agony Uncle

As i am sure you know, Friday night was a big event on the evolution social calendar. As usual at these sorts of occasions i drank a little to much and vaguely recall making some forward advances on one of my fellow evolutionites. In the cold reality of Monday morning i found myself speechless when she arrived at the session... not a word was spoken. How can i redeem myself???

Young man, don't be feeling guilty or ashamed of your actions while under the influence of the demon drink. Many a long lasting relationship has been forged over the bubbles and the amber ale, one or two have no doubt been torn apart as well but hey, let's stick to the positives here! Unless there was a slap across the face or worse we can assume that your advances were not too out of line, remember your memory of the event is rather cloudy and with any luck so is that of your victim.... i mean the target of your affection. A special relationship is developed between the committed young girls and guys that train together at 6am, rain, hail or shine. You are a hardened bunch and i think you may be prematurely quaking in your boots. Chances are she admired your newly found confidence and now you are at the forefront of her thoughts...before and after training of course!! She would be far to focussed on the session between 6-7am!! A welcoming hello at 5.55am would be a sufficient start, and then 7.01am is your time to shine. The adrenaline running through your body and the increased endorphins from a tuff session will have you in a semi intoxicated state and you will be beaming with confidence. Start a conversation around how great the session was and how amazing the trainer is... the rest will fall into place. Please send your questions to agonyuncle@etwgroup.com

Yours, Agony Uncle.

**phone 0438 13 15 17 : www.evolutiontowellbeing.com.au: Bondi : Bronte : Coogee :
Rushcutters : Balmain : Balmoral : Rozelle: Maroubra: Queens Park:
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Off Balance



Name: Steve Bracken

I am from: Auckland, NZ

I found out about ETW by: Flyer at Gusto Café, even though I had been running past the Bondi morning crew for months with a surfboard under my arm!

I started in: About 500 rude awakenings ago

My favourite session is: Parsley Bay and surrounds for that harbour view

My wake up / get it together routine on days that I train is: Usual alarm & bathroom stuff followed by pumping house tunes in the car (WRX with obligatory subwoofer)

My after training routine is: Wake up the family who use me as a 7:15am alarm clock, breakfast/shower and work from home for an hour or two to avoid peak traffic **What I do when I am not training (for work that is):** Business development manager for a data storage vendor in the IT Industry

What mom and dad always told me was: If you want something bad enough, you'll figure out how to get it **Friends say that I am** ...Unlikely to do anything by halves

My recommendations are:

Great Cafe: Burger and beer poolside at Belagio, Las Vegas **Movie:** Buffalo Soldiers **Music:** Me on the turntables **Day Out:** Offshore game fishing in my boat in calm seas with cold beers and tight lines

Anything else to tell about, hobbies, hangouts, habits, heroes etc... Snowboarding beckons in winter and anything in/on/under the ocean in summer. Keeping my 7 year old son happy and active. Running the Sydney Game Fishing Club where I'm vice president. Cutting off taxis.

If I was an evolution trainer I would ... Start some side bets to make things more interesting....

Word from your Evo

So another 4 weeks has come and gone , 4 weeks of equipment rotation, weather changes, increased intensity and of course the sweet 16 challenge. It was amazing to see what alot of you were capable of achieving when you set your minds to it. Last sweet 16 only maz completed the challenge, this time round we had 8 sweeties !!! Vera led the way with 17 sessions and then with the sweet 16 sessions came Sandy and Heidi, Izzy and Maz, sophie and vanesa D and Jarad made sure it wasn't an all girls affair. All of these girls (and Jarad :)) have been standouts in every session they attend so no surprise to also see Vera take out most improved female from all evo groups and Izzy and jarad taking out mr and miss Bondi at the awards night last Friday. Big baz got the coveted bondi superstar award, he has been MIA a bit lately but only due to the demands of becoming a P.E teacher as well as making sure he is still in the bondi junction athletes foot store when ever there is a bondi evolutionite in need of some training shoes at " special bondi prices "...lol.

It really was a top 4 weeks for me, many of you fell just short of the sweet 16, the likes of Connor and james had only been on board for 3 weeks, Connor got 15 sessions in and James 14 so another week and they would have smashed it, as would have Amy and Nicolar who were getting 3-5 sessions a week in their first 3 weeks. Add to that the challenge of the drop in temperature and the late night, early vet ups due to the world cup soccer and i reckon we did super well.

Finishing the 4 weeks off with the awards night was awesome. To have so many of you attend was great and its always so rewarding for to see you all come together and enjoy yourselves at these social nights. I'm thinking we should have our own bondi get together at the end of every timetable..maybe the Saturday afternoon rather than Friday so those of us who have to work on the Saturday don't have to endure the pain that me, edel, Izzy and emma snee had to after getting home with the rising sun on Saturday morning..ha ha ha. Good effort from kez and sean, baz and Helen and 1 or 2 others that kicked on a bit after the lord Dudley to!!.

Looking forward to another big 4 weeks ...yeh , kettlebells again to!!!!..lol

Az - aaron@etwgroup.com

Bondi Organic Box or BOB (as he's known) is a really easy and friendly way to eat well. This local organic delivery service that provides fresh organic produce in the Eastern Suburbs, city and Balmain area - BOB's aim is to make organic food accessible and affordable for all. BOB's weekly veggies and fruit are really fresh and breakfast products are also available and every week customers get great recipes too. The lovely people at BOB are offering one lucky evolution member a beautiful BOB box - All you have to do is register to join the BOB mailing list this month at www.bondiorganicbox.com/40 and mention Evolution. Good luck!



www.bondiorganicbox.com